

20 MIN. BEGINNER AT HOME WORKOUT

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EQUIPMENT: 1 set of dumbbells and a bench or chair.

CIRCUIT ONE: Set timer for 10 minutes. Run through the below circuit AMRAP-style (as many rounds as possible), resting as needed. You will probably be able to fit in 4-5 rounds during the time allotted.

EXERCISE	NOTES
Seated Shoulder Press	Complete 10 reps with dumbbells.
Seated Lateral Raise	Complete 10 reps with dumbbells.
Incline Push Up	Complete 10 reps using a chair or bench.
Triceps Dips	Complete 10 reps using a chair or bench.

CIRCUIT TWO: Set timer for 10 minutes. Run through the below circuit AMRAP-style (as many rounds as possible), resting as needed. You will probably be able to fit in 4-5 rounds during the time allotted.

EXERCISE	NOTES
Bridge	Hold for 30 seconds.
Squat	Complete 10 reps.
Forward Lunge	Alternating right and left legs. Complete 20 reps (10 on each side).
Jumping Jacks	Complete 20 reps.

OTHER NOTES:

- Don't want to worry about timing your full workout? Run through 5 rounds of the first circuit, and 4 rounds of the second circuit. Certainly push yourself, but don't be afraid to use the rest you need!